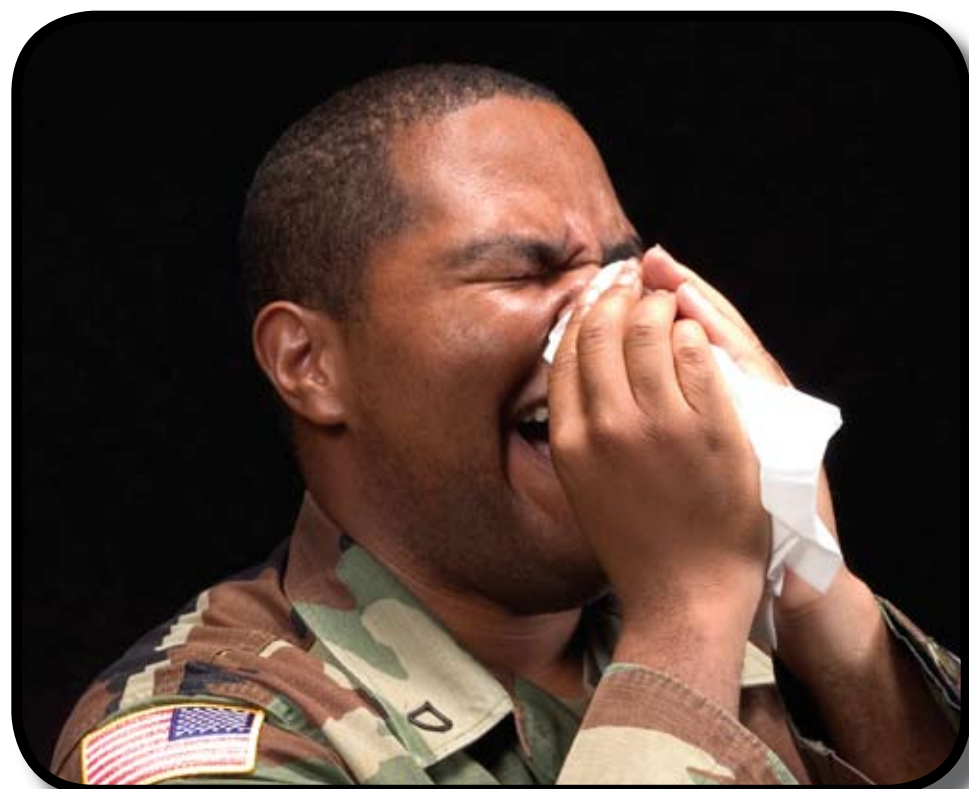


Stop the spread of flu germs

Tell your health care provider immediately, if you have any of the following symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion or body aches.

1 Cover Coughs and Sneezes



- Use a tissue to cover your mouth and nose when you cough or sneeze
- Drop your tissue in a waste basket



2 If Asked, Wear A Mask



- Secure ties behind head or place elastic bands behind ears
- Fit flexible band at top of mask to bridge of nose
- Fit mask snug to face and below chin

3 Clean Hands Often



- Wash your hands with soap and warm water or clean with alcohol-based gels or wipes
 - Wash your hands for at least 15-20 seconds
- Especially:
- After using the restroom
 - After sneezing or blowing nose
 - Before touching food
 - Before touching your eyes, mouth or nose

